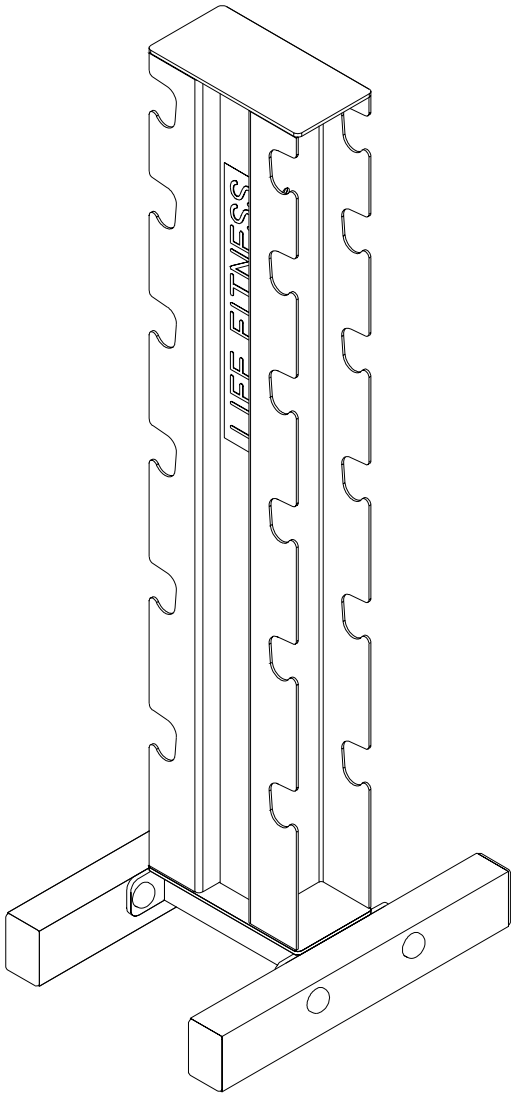
CLUB SERIES VERITCAL DUMBBELL RACK



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	ACUAP04-0047	FRAME	1	6	3102807	3/8” LOW HEIGHT LOCK NUT	7
2	ACUAP01-0083	3 X 2 X 18” TUBE	2	7	3102514	3/8” SAE WASHER	14
3	ACUP02-0044	DUMBBELL CHANNEL	2	8	6866701	3/8” RH WASHER	14
4	3102922	3/8 X 2-3/4” BOLT	4	9	6866601	BLACK RH CAP	6
5	3102905	3/8 X 3-3/4” BOLT	3	10	6866602	WHITE RH CAP	8
				OR	6866603	PLATINUM RH CAP	8

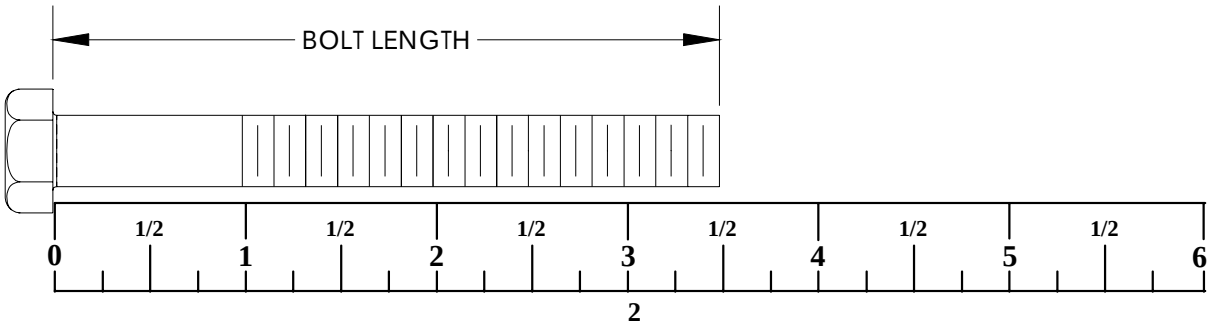
XX- conotes the color code:
08- White
07- Platinum

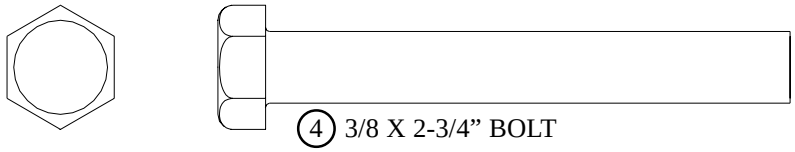
Tools Required for Assembly

* Rubber mallet or hammer
* 9/16” wrench
* Ratchet with 9/16” socket

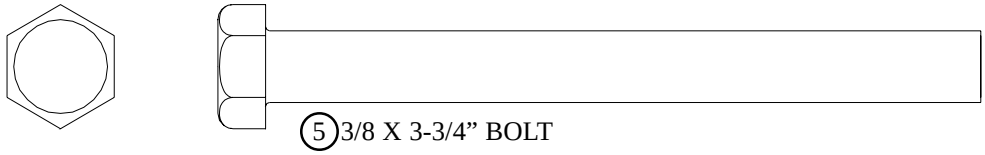
Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

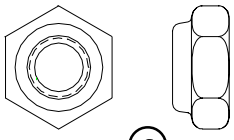




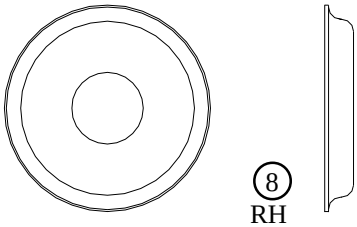
④ 3/8 X 2-3/4” BOLT



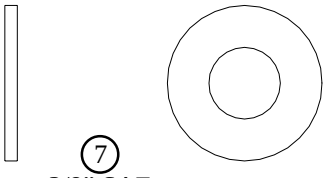
⑤ 3/8 X 3-3/4” BOLT



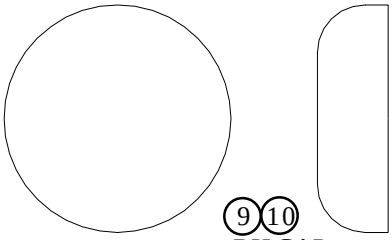
⑥ 3/8” LOW HEIGHT LOCK NUT



⑧ RH WASHER

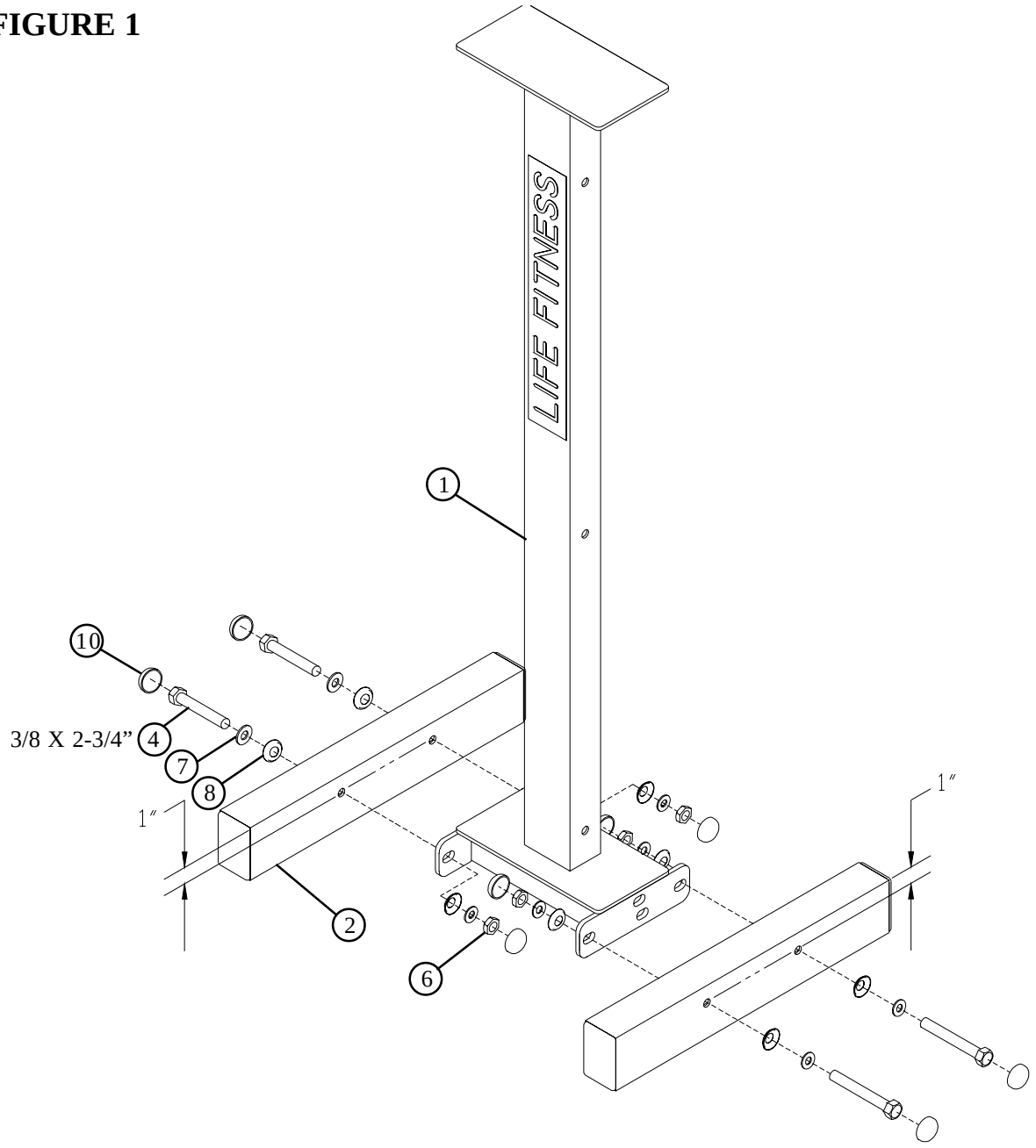


⑦ 3/8” SAE WASHER



⑨⑩ RH CAP (BLACK/WHITE/PLATINUM)

FIGURE 1



STEP 1:

- **SECURELY** assemble the two 3 X 2 X 18" TUBES (2) to the FRAME (1) using eight RH CAPS (10), four 3/8 X 2-3/4" BOLTS (4), eight 3/8" SAE WASHERS (7), eight 3/8" RH WASHERS (8) and four 3/8" LOW HEIGHT LOCK NUTS (6) as shown in FIGURE 1. **(IMPORTANT! Note orientation of TUBES.)**

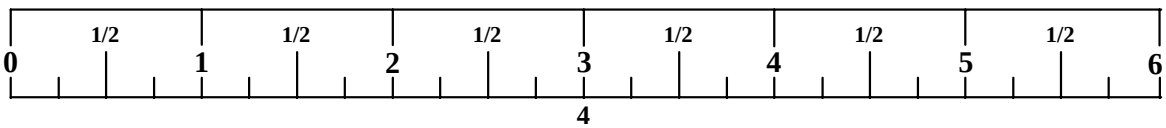
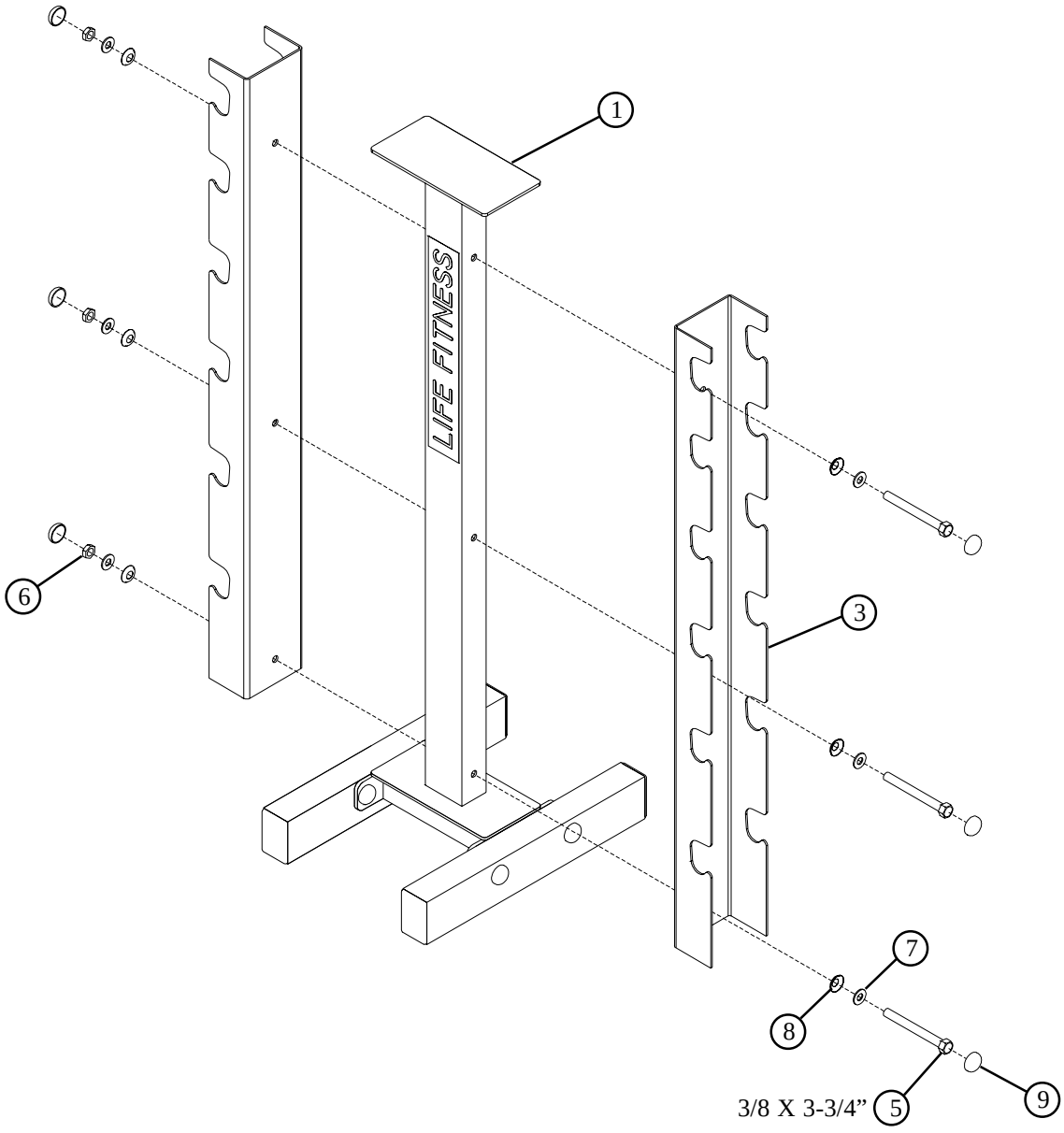


FIGURE 2



STEP 2:

- **SECURELY** assemble two DUMBBELL CHANNELS (3) to the FRAME (1) using six BLACK RH CAPS (9), three 3/8 X 3-3/4" BOLTS (5), six 3/8" SAE WASHERS (7), six 3/8" RH WASHERS (8) and three 3/8" LOW HEIGHT LOCK NUTS (6) as shown in FIGURE 2.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4” deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES PLATE TREE. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.